

We claim:

1. A composition comprising:

- a) a laxative selected from the group consisting of bisacodyl and enteric coated vanilloid compounds; and
- b) simethicone in an amount effective to enhance the efficacy of the laxative.

2. The composition of claim 1, wherein the vanilloid compound is capsaicin.

3. The composition of claim 1 formulated for oral administration.

4. The composition of claim 1 comprising about 10 mg to about 500 mg per dose of simethicone.

5. The composition of claim 1 wherein the laxative is bisacodyl present in an amount of from about 1 mg to about 15 mg per dose.

6. A method of treating constipation comprising administering to a human an effective amount of a composition comprising:

- a) a laxative selected from the group consisting of bisacodyl and enteric coated vanilloid compounds; and
- b) simethicone in an amount effective to enhance the efficacy of the laxative.

7. The method of claim 6, wherein the vanilloid compound is capsaicin.

8. A method of improving gastro-intestinal motility in a human comprising administering an effective amount of a composition comprising:

- a) a laxative selected from the group consisting of bisacodyl and enteric coated vanilloid compounds; and
- b) simethicone in an amount effective to enhance the efficacy of the laxative.

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9. The method of claim 8, wherein the ~~vanilloid~~ compound is capsaicin.

10. A method of treating diabetic gastro-paresis comprising administering to a human an effective amount of a composition comprising:

a) a laxative selected from the group consisting of bisacodyl and enteric coated vanilloid compounds; and

b) simethicone in an amount effective to enhance the efficacy of the laxative.

11. The method of claim 10, wherein the ~~vanilloid~~ compound is capsaicin.

12. A method of treating gastro-esophageal reflux disorder comprising administering to a human an effective amount of a composition comprising:

a) a laxative selected from the group consisting of bisacodyl and enteric coated vanilloid compounds; and

b) simethicone in an amount effective to enhance the efficacy of the laxative.

13. The method of claim 12, wherein the ~~vanilloid~~ compound is capsaicin.

14. A method for enhancing the efficacy of a laxative selected from the group consisting of bisacodyl and enteric coated vanilloid compounds comprising providing therewith an effective amount of simethicone.

15. The method of claim 14 wherein the laxative and simethicone are administered orally.

16. The method of claim 14 wherein the amount of simethicone provided is from about 10 mg to about 500 mg per dosage unit.

17. The method of claim 14, wherein the ~~vanilloid~~ compound is capsaicin.